

## Release

### ***Please read and sign the following:***

In consideration of your acceptance of this race entry, I, for myself, my heirs, executors, administrators, assigns, forever waive, release and discharge of any and all rights, demands, claims for damages known or unknown, that I may have against the *Kootenai Health Triathlon For Kids* organizers, and any or all sponsors of this race, their employees, members or agents for any and all injuries in the manner arising from my participation in this race, that I freely and voluntarily assume those risks as incident to the participation and that I will assume and pay for my own medical and emergency expenses in the event of an accident, illness or other incapacity regardless of whether I have authorized such expenses and that I am physically fit and sufficiently trained to participate in this race and that my bike is road worthy of this event.

Child's name: \_\_\_\_\_

Parent or guardian: \_\_\_\_\_

Print name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Parent/guardian must be present at check-in  
(please bring I.D.)

### **Sponsored by**



Kootenai Rehabilitation Services  
2003 Kootenai Health Way  
Coeur d'Alene, Idaho 83814  
[www.kootenaihealth.org/rehab](http://www.kootenaihealth.org/rehab)



## *2<sup>nd</sup> Annual* **Kootenai Health Triathlon For Kids**



# 2<sup>nd</sup> Annual **Kootenai Health Triathlon For Kids**

**Saturday, September 4  
at the McGrane Center  
for Rehabilitation  
2003 Kootenai Health Way,  
Coeur d'Alene, ID 83814**

## **Awards**

- Every child will get an award for finishing!
- Awards will be given to the top three finishers in each HEAT (male and female).

## **Swimming**

- Swimming will be in age groups. Floatation devices are allowed during the swim portion of the race.
- Mandatory pool side pre-race meeting will be held at 9:15 a.m.

## **Cycling**

- Helmets will be required for cycling. Training wheels are also allowed. (other safety equipment is encouraged.)

## **Race Course**

- Parents permitted to assist/help their children during any portion of the race.
- Step-by-step set up and race instruction.
- Well marked course and lots of supervision so NO ONE WILL BE LOST.

## **Race Information**

*Race will be limited to the first 200 entrants.*

**Entry fee:** \$17 (includes t-shirt)

**Late entries (after August 27):** \$20

**Check-in:** 7:30 - 8:45 am

**Pre-race meeting:** 9:15 am

**Race:** 10:00 am

## **Divisions**

### **4-5 year olds**

1 lap swim      1 lap bike      1 lap run

### **6-7 year olds**

1 lap swim      2 lap bike      2 lap run

### **8-9 year olds**

2 lap swim      4 lap bike      2 lap run

### **10-11 year olds**

2 lap swim      5 lap bike      2 lap run

**For more information, contact:  
Pamela Owen at (208) 457-8232  
or e-mail: [uaimhigh@gmail.com](mailto:uaimhigh@gmail.com)**

***Proceeds raised from this event will benefit  
children's services at Kootenai Health.***



Trim off this portion and mail in your registration

## **Registration**

**Child's name :** \_\_\_\_\_

Date of birth: \_\_\_\_\_

Individual:    ☐ Male    ☐ Female

Age group:    ☐ 4-5    ☐ 6-7  
                  ☐ 8-9    ☐ 10-11

Youth T-Shirt size:    ☐ S    ☐ M    ☐ L    ☐ XL

Entry fee:\$ \_\_\_\_\_

Each additional T-shirt **add \$15**

Please include additional shirt size (s)  
requested: \_\_\_\_\_

Total enclosed: \$ \_\_\_\_\_

Parent's name: \_\_\_\_\_

Mailing address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Phone: (    ) \_\_\_\_\_

Email: \_\_\_\_\_

Please make all checks payable to:

**Kootenai Health**

Mail registration to:

**Kootenai Health**

**c/o McGrane Center/Triathlon  
2003 Kootenai Health Way  
Coeur d'Alene, ID 83814**

